



Athlete Wellness							
Days Before Competition	Fatigue	Stress	Sleep Quality	Mood	Muscle	Total Sum	% Readiness
21 Days	3	2	4	3	3	16	64
14 Days	3	3	3	3	3	18	72
7 Days	3	4	3	4	3	20	80
3 Days	4	4	3	4	3	21	84



Optimal Support for Elite Sprinters Using a Minimal, Adequate, and Accurate Approach

